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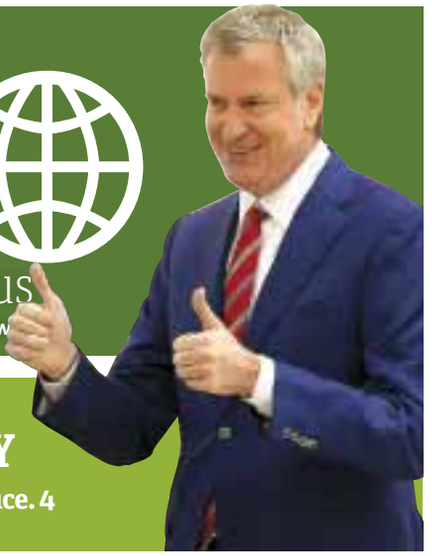

## DE BLASIO CRUISES TO VICTORY

New York City Mayor Bill de Blasio wins a second term in office. 4

The Smitten Kitchen guide to Friendsgiving. 21

Rangers heating up after a difficult start. 24

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# ONE YEAR LATER

Eleven things Donald Trump has done since he was elected president. 6

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## WELCOME TO METRO.US

**MORGAN ROUSSEAU, MANAGING EDITOR**

Today marks one year since Donald Trump shocked the nation by winning the 2016 presidential election. For some, his victory was a moment of joy, but for others, it was a national tragedy. Regardless of where you stand on President Trump, you must admit: It's been a tumultuous year. To mark the 2016 election anniversary, we took a look at some of his most notable moments in the past 12 months. You can read all of our Trump coverage at **metro.us.** It's good stuff.

## CHURCH GUNMAN ESCAPED MENTAL FACILITY IN 2012

The man who carried out one of the deadliest U.S. mass shootings escaped from a mental health facility in 2012, the same year he was convicted by a U.S. Air Force court-martial of domestic abuse, according to a police report. Devin Kelley, who massacred 26 people at a church in rural southeastern Texas on Sunday, was convicted of assaulting his first wife and stepson while serving in the U.S. Air Force in 2012, according to the Pentagon. That same year he briefly escaped from a mental health facility in Santa Teresa, New Mexico, according to an El Paso, Texas, police report. The person who reported Kelley's escape warned police that he could be a danger to himself and others and had been caught sneaking weapons into Holloman Air Force Base in New Mexico, where he had been stationed, according to the police report. He had attempted to "carry out death threats that [Kelley] had made on his military chain of command," the report stated. Police found Kelley in El Paso and turned him over to New Mexico police to return him to the facility, according to the police report. The attack at the First Baptist Church in Sutherland Springs, Texas, ranks as the fifth-deadliest by a single gunman in U.S. history. The dead ranged in age from 18 months to 77 years, including the unborn child of a pregnant woman who was killed. Twenty others were wounded, with 10 still in critical condition on Tuesday, officials said. Kelley died of a self-inflicted gunshot wound in his getaway vehicle, where authorities found two handguns, said Freeman Martin, a spokesman for the state Department of Public Safety. Kelley was also wounded by a resident of the town of about 400 people who heard the gunshot, grabbed his rifle and raced to the church, shooting the 26-year-old twice as he fled.

4 THINGS YOU NEED TO KNOW

**ELECTION DAY**

**2** New York City Mayor Bill de Blasio greets people at the 72nd Street subway stop on the Upper West Side on Tuesday.

GETTY IMAGES

## MILITARY ERROR ALLOWED GUNMAN TO BUY WEAPONS

**3** The man who carried out one of the deadliest U.S. mass shootings was able to buy guns legally because a prior domestic violence conviction while he was in the Air Force was never put into an FBI database used in background checks. Devin Kelley was convicted by court-martial of assaulting his first wife and stepson while serving in the U.S. Air Force in 2012, according to the Pentagon. Authorities put the death toll at 26, including the unborn child of a pregnant woman who was killed. The attack ranks as the fifth-deadliest by a single gunman in U.S. history. The Air Force said it had failed to transmit information about Kelley's conviction to the National Criminal Information Center system, a U.S. government database used by licensed firearms dealers to check prospective gun buyers for criminal backgrounds.

## HOUSE REPUBLICANS SEEK TAX VOTE NEXT WEEK

**4** Republicans plan to put a bill to overhaul the U.S. tax system to a vote in the House of Representatives next week, a senior lawmaker said on Tuesday as a top ratings agency predicted the tax cuts would clear Congress but balloon the federal deficit. Facing pockets of discontent in their own ranks, Republican tax negotiators in the House are seeking to resolve differences over the legislation this week and stick to a self-imposed deadline of passage this month. "We'll bring it to the floor next week," House Ways and Means Committee Chairman Kevin Brady told Fox News. "Our goal is to pass it next week out of the House." The tax plan, if it gets through the Republican-controlled House, would likely face a more serious challenge in the Senate, where the party only has a majority of 52-48 votes and may need help from Democrats.

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New York Mayor Bill de Blasio walks into his polling site at the Park Slope Library on Tuesday. GETTY IMAGES

# De Blasio wins second term; first Dem to do so since Koch

He defeated Republican Nicole Malliotakis and independent Bo Dietl.

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Election Day came to a close with a result that many New Yorkers likely saw coming.

Bill de Blasio ended a 32-year drought Tuesday night when he was re-elected to a second term as mayor of New York City. The last Democrat to do so was Ed Koch in 1985.

Amid chants of "four more years," de Blasio took the stage at his post-election celebration and said, "Well, you wanted four more years — you got four more years!"

"We proved that we could make our city safer. We proved we could make our schools better. We proved we could make our economy stronger. We did this together, and we took on some very powerful forces together to do it," he continued, "but we can't stop now. You saw some important changes in the past four years — you ain't seen nothing yet."

Landing 65 percent of votes at press time, with 90 percent of polling stations reporting, de Blasio defeated his Republican challenger, Staten Island Assemblywoman Nicole Malliotakis, who landed 29 percent, and former NYPD detective Bo Dietl, who received 1 percent.

"It means a lot to me," de Blasio told the New York Post on Tuesday, speaking about being the first Democrat since Koch to win a second term. "My hope is — starting today, if the people are with me — that we restore the idea that this is a consistent, Democratic, progressive town."

Malliotakis conceded the election just before 10 p.m. "Today, New Yorkers sent a loud and clear message to City Hall, and though we did not win this election, we showed the status quo must end," she said. "This race was never about me, it was about all of you — the people I met across this city, the people that make New York great."

Malliotakis had voted alongside her immigrant parents in Staten Island Tuesday morning. "Today, they cast a vote for their daughter of their generation to be mayor of the city of New York," she told the New York Post. "I want everyone to have the same opportunity that I did, and that's why I'm running for mayor of New York."

Dietl, the former NYPD detective who ran as an independent, ended his political career Tuesday night.

"I'll never run for political office again — this is it," he told the New York Daily News after casting his vote in the morning.

***"We proved that we could make our city safer. We proved we could make schools better. We proved we could make our economy stronger."***

Mayor Bill de Blasio

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- Preference for a percentage of units goes to residents of **Bronx Community Board 6** (50%) and municipal employees (5%).

## AVAILABLE UNITS AND INCOME REQUIREMENTS

| | Unit Size | Monthly Rent[1] | Units Available | | Household Size[2] | Annual Household Income[3] (Minimum – Maximum)[4] |
|---|---|---|---|---|---|---|
| 30% AREA MEDIAN INCOME (AMI) UNITS | 1 bedroom | $396 | 8 | → | 1 person | $15,532 - $20,040 |
| | | | | | 2 people | $15,532 - $22,920 |
| | 2 bedroom | $482 | 7 | → | 2 people | $18,515 - $22,920 |
| | | | | | 3 people | $18,515 - $25,770 |
| | | | | | 4 people | $18,515 - $28,620 |
| | 3 bedroom | $551 | 1 | → | 3 people | $21,463 - $25,770 |
| | | | | | 4 people | $21,463 - $28,620 |
| | | | | | 5 people | $21,463 - $30,930 |
| | | | | | 6 people | $21,463 - $33,210 |
| 40% AREA MEDIAN INCOME (AMI) UNITS | 1 bedroom | $558 | 7 | → | 1 person | $21,086 - $26,720 |
| | | | | | 2 people | $21,086 - $30,560 |
| | 2 bedroom | $676 | 14 | → | 2 people | $25,166 - $30,560 |
| | | | | | 3 people | $25,166 - $34,360 |
| | | | | | 4 people | $25,166 - $38,160 |
| | 3 bedroom | $775 | 3 | → | 3 people | $29,143 - $34,360 |
| | | | | | 4 people | $29,143 - $38,160 |
| | | | | | 5 people | $29,143 - $41,240 |
| | | | | | 6 people | $29,143 - $44,280 |
| 50% AREA MEDIAN INCOME (AMI) UNITS | 1 bedroom | $720 | 7 | → | 1 person | $26,640 - $33,400 |
| | | | | | 2 people | $26,640 - $38,200 |
| | 2 bedroom | $870 | 14 | → | 2 people | $31,818 - $38,200 |
| | | | | | 3 people | $31,818 - $42,950 |
| | | | | | 4 people | $31,818 - $47,700 |
| | 3 bedroom | $1000 | 3 | → | 3 people | $36,858 - $42,950 |
| | | | | | 4 people | $36,858 - $47,700 |
| | | | | | 5 people | $36,858 - $51,550 |
| | | | | | 6 people | $36,858 - $55,350 |
| 60% AREA MEDIAN INCOME (AMI) UNITS | Studio | $822 | 2 | → | 1 person | $30,069 - $40,080 |
| | 1 bedroom | $882 | 25 | → | 1 person | $32,195 - $40,080 |
| | | | | | 2 people | $32,195 - $45,840 |
| | 2 bedroom | $1,065 | 58 | → | 2 people | $38,503 - $45,840 |
| | | | | | 3 people | $38,503 - $51,540 |
| | | | | | 4 people | $38,503 - $57,240 |
| | 3 bedroom | $1,224 | 5 | → | 3 people | $44,538 - $51,540 |
| | | | | | 4 people | $44,538 - $57,240 |
| | | | | | 5 people | $44,538 - $61,860 |
| | | | | | 6 people | $44,538 - $66,420 |
| 120% AREA MEDIAN INCOME (AMI) UNITS | 1 bedroom | $1,368 | 2 | → | 1 person | $48,858 - $80,160 |
| | | | | | 2 people | $48,858 - $91,680 |
| | 2 bedroom | $1,647 | 16 | → | 2 people | $58,458 - $91,860 |
| | | | | | 3 people | $58,458 - $103,080 |
| | | | | | 4 people | $58,458 - $114,480 |
| | 3 bedroom | $1,898 | 8 | → | 3 people | $67,646 - $103,080 |
| | | | | | 4 people | $67,646 - $114,480 |
| | | | | | 5 people | $67,646 - $123,720 |
| | | | | | 6 people | $67,646 - $132,840 |

[1] Tenant pays electricity [2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.
* Parking lot space, laundry room, and bicycle storage will be provided by a third party. Pricing and availability TBD by vendor.

**How Do You Apply?**

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: West Farms Apartments c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

**When is the Deadline?**

Applications must be postmarked or submitted online no later than **January 5, 2018**. Late applications will not be considered.

**What Happens After You Submit an Application?**

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

**Español** Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **West Farms Apartments c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418.** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **5 de enero 2018**

**简体中文** 访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**West Farms Apartments c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418** 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2018 年 1 月 5 日

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# Eleven things Trump has done in the year since he was elected president

Donald Trump was elected president one year ago, and he's done, said and tweeted a lot in that time.

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One year ago, much of the country watched in shock as the numbers came in on election night announcing Donald Trump as the 45th president of the United States. A lot has happened in that year, from protests to new policies to lots and lots of tweets. Here are some of the things Trump has done, said and sent out to the world via Twitter in the past 12 months.

**Nov. 22:** In an interview with The New York Times, Trump already begins to ease back on some of his campaign promises, like his vow to "jail" Hillary Clinton. He responds to concerns about conflicts with presidential decisions because of his global businesses, saying, "The law's totally on my side. The president can't have a conflict of interest." Also after his election, Trump claims he won the popular vote.

**Jan. 20:** On his first official day as president, Trump signed an executive order scaling back the Affordable Care Act. John McDonough, a professor at Harvard's School of Public Health, said this move "set the new administration, on Day 1, on a path of destruction and mayhem regarding the ACA, without any attempt at a coherent substitute."

**Feb. 13:** Trump conducts national security business on North Korea nuclear testing while at Mar-a-Lago, providing club members with front-row seats to top-secret matters.

This timeline is just a small portion of what President Trump has done, said and tweeted in the year since he was elected. GETTY IMAGES

**April 6:** Trump launches a missile strike on a Syrian air base while at Mar-a-Lago with Chinese President Xi Jinping. Trump reportedly told Xi about the move over dessert, a conversation Commerce Secretary Wilbur Ross said was "in lieu of after-dinner entertainment."

**May 9:** Trump fires FBI Director James Comey while Comey was in the middle of investigating whether Trump's campaign colluded with Russia.

**June 5:** In a series of tweets, Trump attacks the Justice Department and federal courts after they blocked part of his executive order, which limited travel from six predominantly-Muslim countries. Trump said that he preferred "the original travel ban, not the watered down, politically correct version [the Justice Department] submitted to [the Supreme Court]."

**July 26:** Trump says transgender people will not be allowed in the military because the armed forces can't handle the "tremendous medical costs and disruption."

**Aug. 15:** After a neo-Nazi rally in Charlottesville, Virginia, turned deadly, Trump calls white supremacists "very fine people" and said that there is "blame on both sides" for the violence.

**Sept. 19:** Trump attends the U.N. General Assembly, during which he promised to "totally destroy" North Korea if the country threatens the U.S. or our allies, calling Kim Jung-Un "Rocket Man."

**Oct. 3:** After Puerto Rico was devastated by Hurricane Maria, Trump jokes about how the U.S. territory has "thrown our budget a little out of whack." A few days later, he threw paper towels to citizens who had lost everything.

**Nov. 1:** After an Uzbekistan native allegedly carried out a terror attack in Manhattan, Trump called on Congress to end the Diversity Visa Lottery Program, saying that he's fighting for "merit-based" immigration.

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**Solve The Riddle Of Arthritis Pain?**

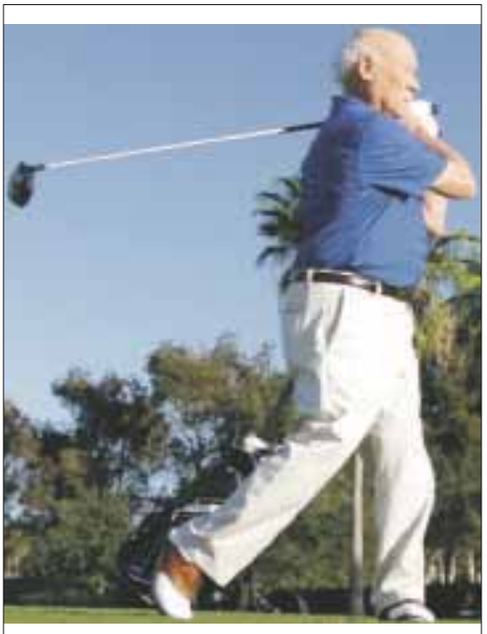
For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The ***NYC Pain MD*** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patents ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

**Here is why:** During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

**And even better** - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

**Like Threading A Needle?**

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at ***NYC Pain MD*** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just – now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't' take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend It to everybody." William La Spina . Golf Enthusiast

(While ***NYC Pain MD*** cannot say all patients will respond like this we can say they are possible. Every patient is individual and results will vary. patient to patient.)

**Why Treatment Can Fail**

This is why viscosupplmentation can fail for some people. It is also why many knee arthritis sufferers come to ***NYC Pain MD*** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for the advanced treatments given at ***NYC Pain MD***.

**Patients Should Be Assured About Prescsion Treatments**

ONE BIG MISTAKE we have heard about is to use digital imaging or ultra-sound to mark the knee and then shut off the imagining and then not use it during the treatment procedure.!!! **This means the doctor did not actually see if the lubricating gel went exactly where it was intended.** The only way to know for sure if the procedure was as accurate as possible - and the lubricating gel went precisely into the joint space - is to use the digital imaging **during the entire procedure.** *You can actually see the lubricating gel as it goes where it in needed.* **If you did not actually see it on the digital imaging screen - you do not know for sure if you actually got the proper treatment.**

If you are going to have this treatment, make sure you ask your doctor if special digital imagining is used THROUGHOUT THE ENTIRE PROCEDURE. Not just in the beginning. If you have already had this procedure without this advanced imaging... Or if it was only used in the beginning... There is a good chance you did not get the results you could and should have.

**"Clearly, technology is only as good as the doctors using it ... and clearly experience matters"**

That's why, if you need heart surgery, you go to a heart surgeon... Not a general practitioner. At ***NYC Pain MD*** you will be seen by doctors who are specially trained in this procedure... Do it every day... and see thousands of patients every year. The latest technology combined with experienced and skilled doctors gets the best results possible.

**Who Is This Treatment For?**

This treatment is not for everyone. But it is for a lot of people who suffer with knee arthritis. Especially if you would like to avoid total knee replacement surgery and possible lessen or eliminate your pain. This treatment

# reatments Their Parents Could Only Dream About

## *void Knee Replacement Surgery and Stay Active Into Their 50's, 60's, 70s and even 80s*

may help you if you have knee pain due to arthritis. It may also help you if you do not have dramatic visible signs of arthritis on x-ray. Studies show that arthritis is present long before it can be seen on x-ray. In fact, the sooner you start this treatment the better. So, if you have knee pain - seeing one of the specially trained medical doctors at ***NYC Pain MD*** could be the answer you are looking for. **<u>This is important</u> - this is especially for you if you have had viscosupplmentation in the past without good results.**

Many patients who did not have good results elsewhere are often able get very favorable results because of the advanced technology and procdure experience at ***NYC Pain MD***. In fact, ome patients have decided to cancel knee surgery and others go back to the active life-style they had before it was stolen by all the pain.

### How To Find Out If The Experts At *NYC Pain MD* Can Help You

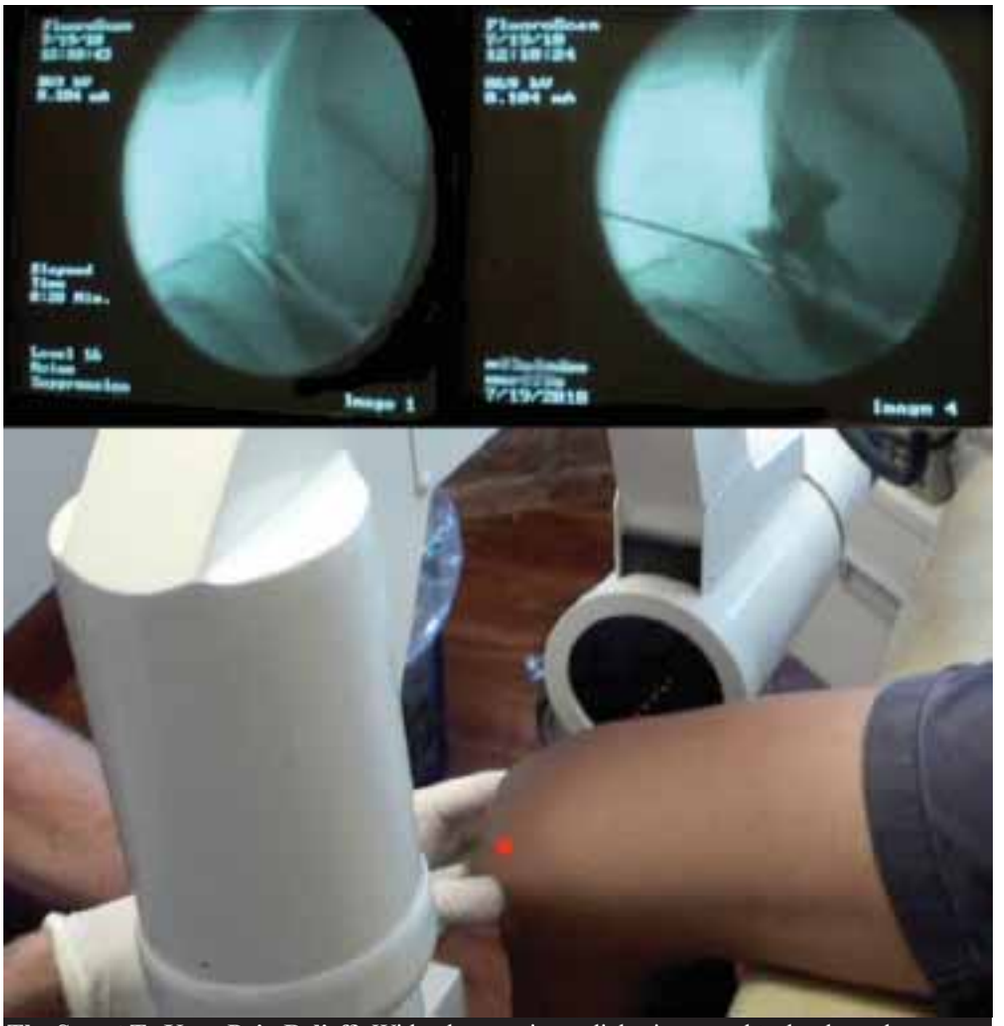
If you have knee arthritis pain and would like to see if this treatment might help you - the experts at ***NYC Pain MD*** offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more.

There is no obligation and if you are not a candidate - the doctor will help you find the best doctors and treatments for your individual case.

To set up a complimentary screening , just call 800-741-5340. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patents the individual time they deserve. If you have ever been to a doctors office and been rushed or treated like a number - ***NYC Pain MD*** is different. We would consider this like a "throwback" to the old days of medicine. Before the days when HMO's and insurance companies (and now Obamacare) turned medicine into a business only and made it so difficult to care for patients the best way possible. If you are looking for a state-of-the-art medical clinic with "old school" ethics and values and treats patients like the good 'ole days... then ***NYC Pain MD*** may be just what you've been looking for. Just call 800-741-5340 and secure your no obligation screening before someone else gets your spot. The risk is nothing. The potential is getting your pain-free life back.



**The Secret To Knee Pain Relief?** With advances in medial science and technology the doctors at ***NYC Pain MD*** have been able to help thousands relieve their pain and get their active lifestyle back.

## How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. ***NYC Pain MD*** receives hundreds of patients calls weekly… patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That's why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination and treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is or you . Zero risk or obligation. Just call **800-741-5340.** Tell them, "I would like the knee screening." They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

**The secret to success: T*echnology with Caring Doctors:*** *NYC Pain MD combines cutting edge technology with highly trained professional and caring staff to help knee arthritis sufferers.*

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# Has Donald Trump's presidency affected his New York real estate?

Apartment-search platform Zumper looked at the rental data at seven of his namesake city buildings to find out.

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Apartment-search platform Zumper looked at the rental data of seven of Donald Trump's namesake New York buildings to find out how his controversial presidency is affecting his real estate holdings. GETTY IMAGES

Donald Trump wasn't just a reality TV star before he became president — he was a real estate tycoon with namesake buildings across the globe, including several in New York City.

With his presidency thus far riddled with controversy, has that affected his real estate empire? Data from apartment-search platform Zumper has the answer.

Zumper looked at several of Trump's name-bearing buildings in the city and analyzed hundreds of rental listings before and after the election, using data from December 2015 through October 2017.

- **Trump Palace**

After the election, Trump Palace on the Upper East Side had a 29 percent increase in time on market (ToM) and a 1.2 percent drop in price.

- **Trump Parc**

This Parc East adjacent building saw a more than a 30 percent rise in ToM after the election as well a 2.18 percent price drop.

- **Trump Place at 200 Riverside Boulevard**

This West Side tower saw nearly a 7 percent increase in ToM, while the price dropped nearly 4 percent.

- **Trump Tower**

The building that Trump calls home had a 9.43 percent rise in ToM after the election and a 1.74 percent drop in price.

As part of its study, Zumper compared the Trump buildings to similar residential buildings nearby. Of those seven comparisons, the Trump buildings fared better in just two instances.

"One interesting observation we noticed was even in the cases where a negative Trump effect did exist, affordable units in these buildings were not affected," Zumper wrote in the study.

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- My toes aren't straight- they are all cocked-up, bent and hurt.
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- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

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# Holler at the heavens to release all you've been feeling since Trump won

Thousands are expected to "scream helplessly at the sky on the anniversary of the election."

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nikki.mascali@metro.us

You can truly let your anguish be heard by screaming in Washington Square Park. GETTY IMAGES

We're sure many of you don't need the reminder, but one year ago Wednesday, Republican Donald Trump trumped Democrat Hillary Clinton in the 2016 presidential election.

The year since has been … what can we say? That, of course, depends on which side you're on. But if you've been on the side that's been trying to make sense of the past 12 months and/or first 10 months of Trump's presidency or get through every news alert without screaming, you don't have to hold back anymore — or at least for as long as your voice holds out.

Starting at 7 p.m. Wednesday in Washington Square Park, you can truly let your anguish be heard and "Scream Helplessly at the Sky on the Anniversary of the Election," an event organized by Nathan Wahl after he saw one being held in Boston.

While Wahl didn't respond to an interview request from Metro, he did host a cheeky interview with himself on Medium after the event "garnered the attention of many trolls and just generally indignant people."

Though he wrote that the more than 2,000 attendees who have RSVPed will "definitely get a good scream in," this cathartic event for the "cucks and snowflakes, safe spacers and libtards" stems from something a great many people are feeling.

"Every time I think of the laundry list of social injustices on top of my own s—t like my actual laundry, I get overwhelmed," Wahl wrote. "Every news notification on my phone is a reminder of something over which I am powerless. And I think a lot of people feel that way. So f—k me for thinking it'd be nice to yell about it."

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We have many open positions in preparing for January 2017. ***Walk-ins are welcome***! Please contact Vivian Chen to schedule your interview appointment. Phone: 929-258-7609 or Email: vchen@magellanhealth.com

# OUR WINNING WAYS

TOM FOREMAN
*Analysis*

Shalane Flanagan won the TCS NYC Marathon this week — the first American woman to do so in 40 years, and the sight of her sweeping into Central Park was spectacular. In the same race, the greatest American male marathoner in a generation, Meb Keflezighi, was washed by oceans of teary-eyed applause as he crossed the finish line to retire from professional racing.

I mention it because this week also marks the one-year anniversary of the presidential election. In the 12 months since, the partisan canyon has grown ever deeper. Violence has at times replaced debate. Bitterness has grown like weeds. In a poll by the American Psychological Association, 6 in 10 of us said this is the lowest point we've ever seen for the nation.

But maybe we should not feel so glum — or at least we should not let it overtake us. Because when you look past the manic insanity of D.C., it's worth remembering how many great things are happening. I'm not talking about any political party or agenda. Just about us.

Unemployment is at its lowest rate in 17 years. Yes, the economic recovery which started under President Obama has been slow and worries remain about wage stagnation, but progress continues under President Donald Trump. The stock market has boomed. Consumer confidence is at a 17-year high.

Teen pregnancies, long a precursor to poverty for many young women, dropped to a record low. The high school graduation rate rose to a record high — above 83 percent. Those are both milestones worth celebrating even as we strive to expand educational opportunity and success. Just as important is what we are doing with our educations: groundbreaking research to help paralyzed people walk again, to steadily erode the killing capacity of cancers, to make highways safer through robotically assisted cars, and on and on it goes.

Of course, plenty of troubles remain. But even as the wars of Washington rage, Americans of all stripes are trying every day to improve conditions in their families, communities, offices, schools, parks, playgrounds and places of worship. And it's worth remembering Shalane won. And Meb hung up his shoes with honor. And we are all still in the running.

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*Demand Soars At NYC Medical Clini*

# Can This Medical Technology Possibly Eliminate Or

## *The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Kno*

**NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.**

**Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.**

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

### Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

*An option that a lot of back and neck pain sufferers may have never heard of before.*

Before we get into these treatments, please understand this...

*NYC Pain MD* is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

**Know this fact:** <u>There is no one treatment that will help every case of back pain.</u> And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

**Radiofrequency Neurotomy**

"Radiofrequncy Neurotomy" is often referred to as RF for short. Just what is "RF".

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves and slow down the pain

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

### What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

### How Long Do The Results Last?

This procedure "impaits" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" . . . it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good night's sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

### Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and i*s not surgical.*

### Who Should Try This Treatment?

RF should be considered after other treatments, such as anti - inflammatory pain medication and physical therapy do not offer good enough results.

***RF has also been found effective AFTER back surgery when patient's still feel pain.***

*The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.*

### What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

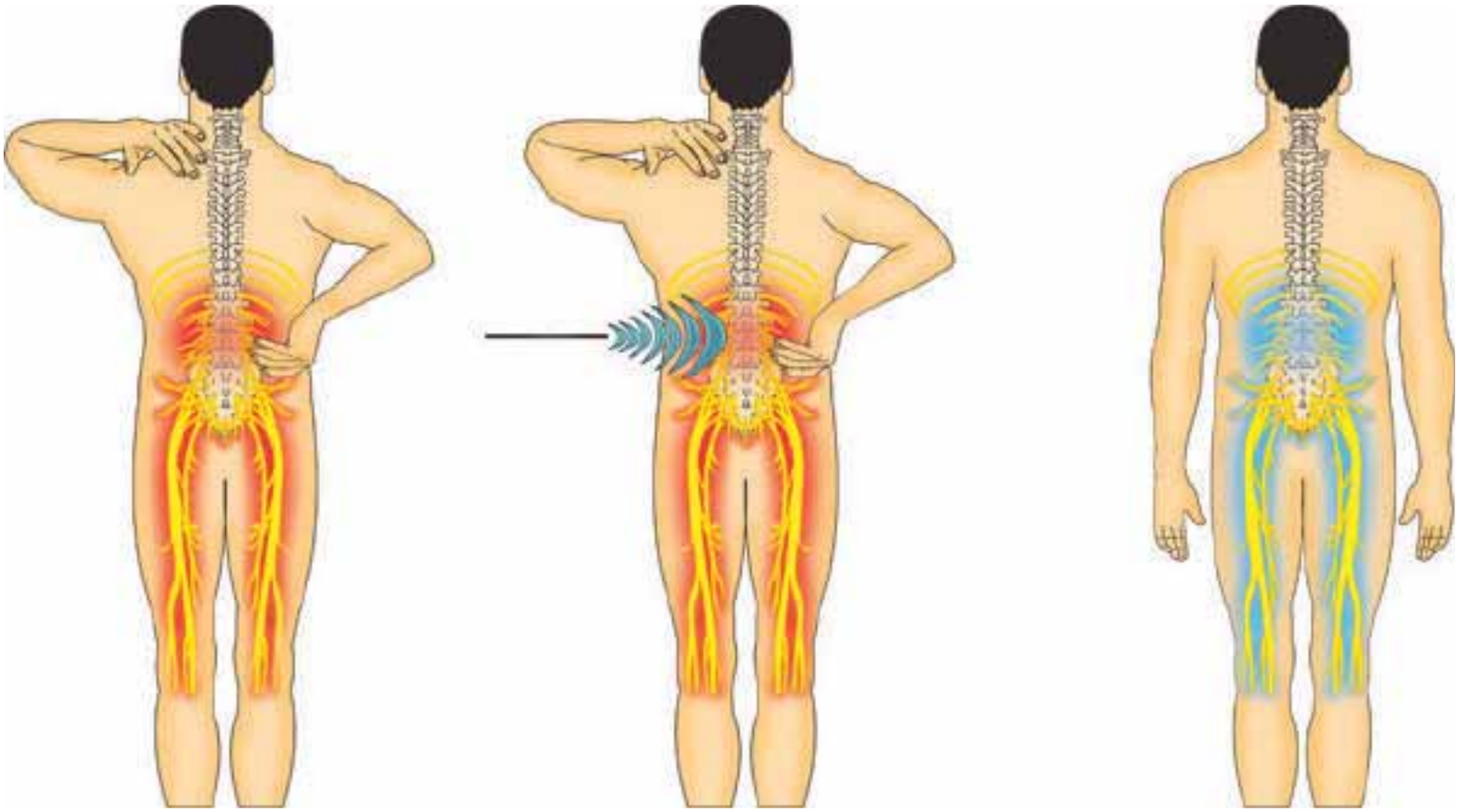
### Major Savings In Time And Costs Of Care?

*c For Promising Back Pain Treatment*

# r Greatly Reduce Even The Most Severe Back Pain...

***w - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed***

# Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



**Science rescues back & neck pain sufferers?:** Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

*NYC Pain MD's* method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in our in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

## Your Invitation

*NYC Pain MD* offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is at no cost and no obligation.

Many of the treatments offered are covered by many insurance plans an traditional medicare.

Call 877-503-8540 for your free screening and find out if you can get out of pain today

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# the word

## Sia outsmarts the internet

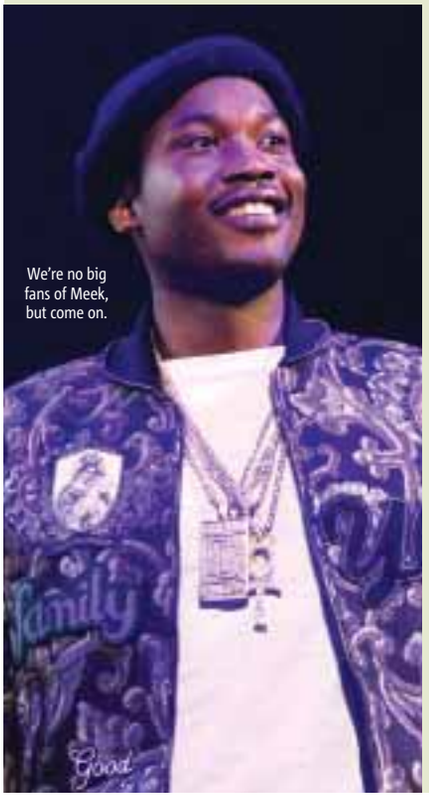
Sia is a very talented singer and songwriter who is most popular for the likes of "Chandelier," a song we have nestled in the back of our heads at all times. She rarely shows her face, preferring instead to mask her likeness with a variety of wigs and or people dancing in front of her. But now, the 41-year-old is changing her tune. Well, sort of. After learning that naked images of her were being sold on the internet, the "Dusk Til Dawn" crooner uploaded an image of her derriere herself, beating those no-good-no-manners-having-money-hungry paparazzi bastards herself.

"Someone is apparently trying to sell naked photos of me to my fans," she wrote. "Save your money, here it is for free. Everyday is Christmas!" LOL, go get 'em Sia.

Also, hey guys? Maybe stop taking nude pictures of women and selling them for profit.

Good ol' Sia.

## Meek Mill's sentence proves the system is broken



We're no big fans of Meek, but come on.

Monday, a Pennsylvania judge sentenced rapper and former boyfriend of Nicki Minaj — sorry to bring that back up, Nicki, it had to have been a dark time — Meek Mill to two to four years in prison for violating probation. After he failed a drug test, he was immediately taken into custody.

Variety notes that the sentence was unexpected. Prosecutors recommended the 30-year-old not be imprisoned for the probation violations, as he's been drug-free since January and has complied with most of the probationary requirements.

The real kicker here, though, is the one that The Sparrow Project brought up on Twitter.

"For a failed urine test, Meek Mill was sentenced to more jail time than Darren Wilson (Michael Brown's killer), Timothy Loehmann (Tamir Rice's killer), Daniel Pantaleo (Eric Garner's killer), Sean Williams (John Crawford's killer) [and] Michael Slager (Walter Scott's killer) COMBINED."

So yeah. The system is broken.

Wahhhhhhh!

## Meghan and Prince Harry still not engaged

We've been lied to, led to believe that Meghan Markle and Prince Harry's engagement was right around the corner. But apparently, it's not happening anytime soon. Rude!

A source with "excellent contacts in the palace" tells the Daily Beast that there won't be an announcement until at least after Kate has had her third baby in April. The source also notes that maybe, you know, Harry and Meghan want to cohabitate before getting engaged, because that's what couples "do."

The Hot Ginger Prince's biographer, Penny Junor, agrees there's likely no rush. "The longer it doesn't happen, the more doubt I have about it, not least because her biological clock [Meghan is 36] means that if they were going to marry and have children, they would need to get going sooner rather than later." Don't know why we needed to bring Meghan's uterus into this, but OK.

## Lamar Odom is 'spiraling'

This doesn't look great.
ALL PHOTOS GETTY IMAGES

Lamar Odom, a man who was once married to Khloe Kardashian, is "spiraling." Here's hoping it has nothing to do with Khloe's recent announcement that she's pregnant by another NBA dude.

After news broke that the former basketball player had a fainting spell in an L.A. nightclub on Sunday morning, sources close to the 38-year-old now say that he's out of control again.

"Lamar is spiraling again," the source says. "He's out of control. … He was better this spring but things got worse over the summer and everyone is worried things are going to get even worse and they're scared for him." Aw, man.

A rep tells Page Six that Odom's fall was caused by an intense workout beforehand and dehydration. But he has also struggled pretty publicly with drug and alcohol abuse in the past, having gone into recovery and rehab in late 2016.

Here's hoping the dude gets on the right path. Self-care is where it's at, Odom.

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Colin Farrell and Barry Keoghan in the unsettling psychological horror. A24

# 'The Killing of a Sacred Deer' is by far the creepiest film of 2017

And the breakout performance isn't by any of its A-list leads.

GREGORY WAKEMAN
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Ah, suburban bliss. In "The Killing of a Sacred Deer" Colin Farrell plays a respected surgeon and Nicole Kidman his picture-perfect wife, who is also a loving mother to the couple's two high-achieving children. That is, until we're introduced to the evil that lurks in Barry Keoghan (who you may remember as George from "Dunkirk") — a fatherless teen who turns everything upside down.

This psychological thriller doesn't rely on gore and graphic violence to leave you sleeping with the lights on. "The script was f—d up, man!" says Keoghan. "The dialogue is beautiful, and there are so many layers to it. But I didn't ask too many questions because I knew I wouldn't get an answer." And the unanswered questions are the ones that will keep you up at night.

Keoghan's being lauded as the real standout in the film, despite the more notable names on the marquee, due to his ability to switch from shy and vulnerable to deeply terrifying in a single beat. He beat out thousands of other actors due to his "presence," according to director Yorgos Lathimos. "He can transform the part written in an interesting and complex way" despite (or perhaps because of?) the director's unusual techniques.

"What I try to do is to avoid thinking about a scene too much, or the characters too much, or why we're doing certain things, the general motive, or the background — things that're usually common in filmmaking," says Lathimos. "We were trying to recreate a documentary feeling by having actors present in the moment, instead of having a lot of things in their mind about how they're saying something, or moving, or doing something. I think it's a different way to create some kind of truth."

The result sent a shiver down our spines.

Part horror movie, part brainy mystery, part stylized high art, part revenge tale — this movie is all sorts of scary.

"The Killing Of A Sacred Deer" is now playing in select cinemas.

# Iliza Shlesinger on Harvey Weinstein and sexual harassment in comedy

Iliza Shlesinger stops by NYCF this weekend.
ALL PHOTOS PROVIDED

The comedian is touring the country for her book, "Girl Logic."

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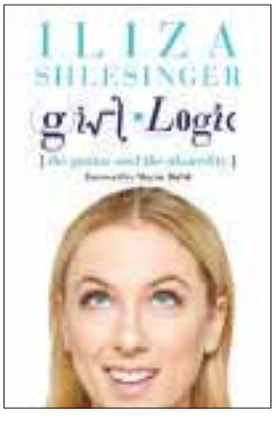
Iliza Shlesinger is hitting the road this fall to promote her book "Girl Logic: The Genius and the Absurdity." The comedian hopes that her collection of essays will offer readers of both genders a glimpse into the female perspective, as well as dissuade folks from buying into longstanding negative stereotypes about women. Ahead of her stop at the New York Comedy Festival on Nov. 11, we chatted with Shlesinger about her new book, the future of the entertainment industry after Harvey Weinstein and the prevalence of sexual harassment in the world of standup.




**Are you hopeful about the entertainment industry's future in the wake of the Harvey Weinstein allegations?**

We knew men like this existed. We didn't know, for this particular man, on that scale. I do think it gives predators a little bit of pause. But that being said, if you're that kind of guy, you have a mental problem. That can't be quelled with being shamed on the internet. The guy did a week treatment program. Big deal. The positive to take away from this is not so much about the predators doing it but more the victims realizing that you can say something. You can speak out.

In standup comedy, the amount of women I heard from was horrifying. Do you know how many women deal with this stuff on a nightly basis? Just horrible things or close to rape or just shaming women. You're told, "Oh, it's a boys' club. Tough it out." Ask any guy what it feels like to have like a gay guy look you up and down, they're like, "It feels so weird." Yeah, that's how we feel 24 hours a day. What will shake out of this are victims feeling less like it's their fault and hopefully feeling like they have someone to talk to.

**How would you define "Girl Logic," the title of your new book?**

While I was making my last Netflix special "Confirmed Kills," I felt this real sense of obligation to stand up for women in a non-preachy way and in a way that included men. I called it "digestible feminism." Rather than being angry, just explaining, "Here's why women think the way that we do. Here's why we're forced to think the way that we do because of these pressure that are on us." It's definitely geared toward girls, but if guys read it, they might come away from it understanding women a little bit better. I just grew so tired of the names applied to women and hearing that women are "crazy" or "psychos."

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# This is Native American art today

Two words from Transformers: "Trytich" by Kevin McKenzie and "Four Generations" by Jon Corbett. PROVIDED

### If you go

**Transformer**
Nov. 10-Jan. 6, 2019
National Museum of the American Indian
1 Bowling Green
Free, nmai.si.edu

The National Museum of the American Indian aims to transform preconceptions of native art.

LINDA LABAN
@MetroNewYork
letters@metro.us

When you think of Native American art, one element that probably doesn't come to mind is electricity.

That's the link between the nine installations that make up Transformer: Native Art in Light and Sound, a new group show by 10 artists aiming to change your idea of Native American art.

"This is the biggest concentration of artists using experimental media," says co-curator Kathleen Ash-Milby. "Some ideas take a surge of artists expanding into new areas to take root."

Opening Nov. 10 at the National Museum of the American Indian in Manhattan, Transformer includes pieces that incorporate digital projection, sound technology, and light manipulation alongside more traditional art like sculptures.

In many people's minds, the art of North America's native tribes hasn't changed from the centuries-old traditions like weaving or carving.

These immersive installations use new technologies and abstract works to reach back for stories told by the artists' ancestors and modernize rituals that still govern tribal life.

"These artists are speaking from a unique cultural world view, for sure," says Ash-Milby.

"But each has a different perspective and the belief systems vary greatly: from the idea of balance and harmony, to the regenerative power of chaos. It all comes from an esoteric understanding of the universe."

Still, this is art and not just storytelling: "We wanted work that wasn't just about the message, but also had form and beauty.

"I hope people walk away from this exhibition with a new idea of what Native American artists can do — and make no mistake, this is definitely still native art," she adds.

"I hope it opens people's eyes to what Native American art can be. Expect to be surprised."

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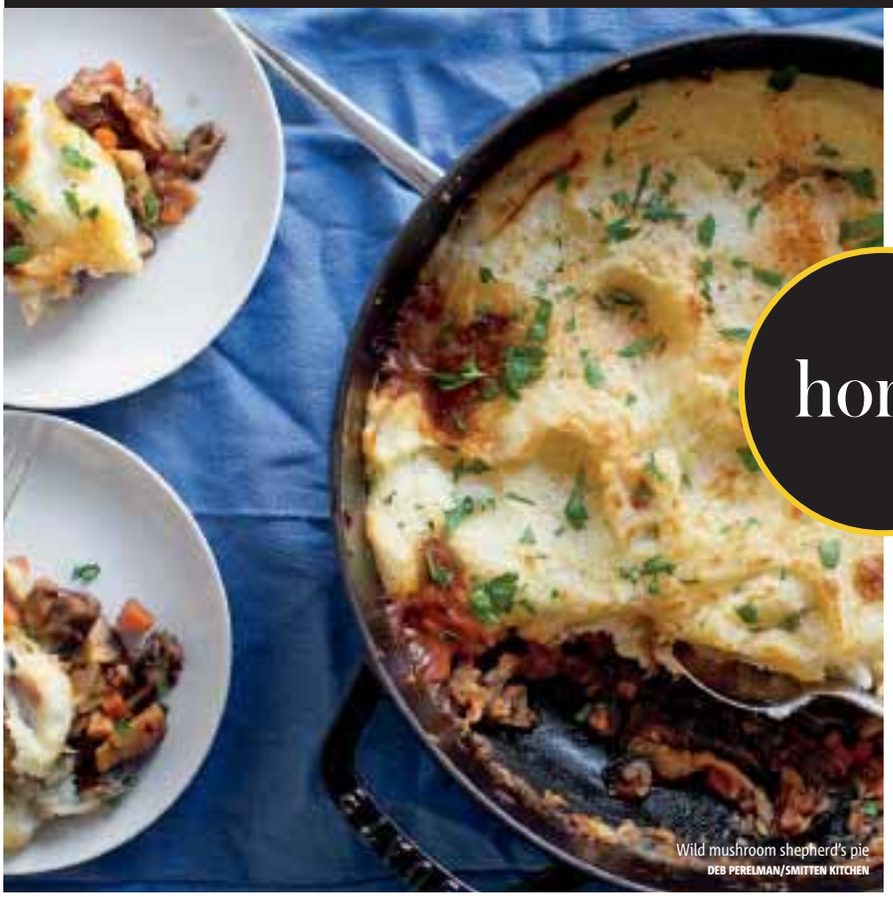

Wild mushroom shepherd's pie
DEB PERELMAN/SMITTEN KITCHEN

home

Chocolare pecan slab pie
DEB PERELMAN/SMITTEN KITCHEN

# The Smitten Kitchen guide to Friendsgiving

Smitten Kitchen founder Deb Perelman loves casseroles, slab-pies and magnums of champagne.

**KATE MOONEY**
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kate.mooney@metro.us

Since its start in 2009, Smitten Kitchen has been the go-to site for home cooks in need of easy and delicious recipes. So with the biggest cooking holiday of the year coming up, naturally we turned to the blog's beloved founder, Deb Perelman, for advice. The chef, who recently released her second cookbook, "Smitten Kitchen Everyday: Triumphant & Unfussy New Favorites," gave us her tips for a triumphant and unfussy version of Thanksgiving's more superior iteration — Friendsgiving. Here's how to host one, Smitten Kitchen-style.

**Casseroles all the way**
The 1950s are still alive in Perelman's kitchen. The New Yorker says she's a big fan of anything that can be cooked in a big casserole dish — easy to make in advance, stacks well in the fridge, reheats quickly and of course, allows you to make large quantities to feed your guests rather than slaving over several smaller side dishes. She likes to make at least one rich gratin dish, like her root-vegetable gratin, which combines sweet potato, Yukon gold potatoes and celery root with gratin and heavy cream. And she says her homemade green bean casserole is always a hit.

**Sheet pies, y'all.**
The casserole mentality goes for desserts, too. "Eight wedges of pie is not enough for most people's Thanksgiving," she says. Instead, make Tina Fey proud with sheet-pan style pies (#sheetpieing?) which you can cut into squares and which yield plenty of leftovers. In her new cookbook, Perelman has a recipe for chocolate pecan slab pie and on her website, a pumpkin slab pie with a cheesecake swirl.

**F— a cheese plate**
"I don't like going to a cheese store and spending $100 on cheese wedges," says the no-nonsense chef.

Smitten Kitchen founder Deb Perelman CHRISTINE HAN PHOTOGRAPHY

Appetizer-wise, she'll provide olives and grapes, and bake a large gooey Camembert — "the $3 stuff from Trader Joe's" — stuffed with herbs and garlic, which guests descend upon with crackers and devour instantly.

**Grab a case of wine**
Perelman recommends getting a case of wine — a mix of red and white — from your neighborhood liquor shop, which will likely give you a discount for the bulk order. Your guests will probably still bring booze, but if you start with an ample amount, then you can avoid stressing about running out. She also loves to kick off the night with a champagne toast: Rather than opening three of four bottles, go for a couple magnums of bubbly.

**Potluck rule of thumb**
The master chef usually cooks everything herself, but if guests do want to contribute, here's her rule: "If you have some dish that [you feel] it's not Thanksgiving without it, then bring it."

**Make conversation the main event**
Perelman is not a games person. "I like the idea of conversation being the focus and the food being what fills you up," she says. "You catch up, tell your friends what's happening in your life and try not to talk about the election."

*You can see Deb Perelman talk about "Smitten Kitchen Everyday" on Friday, Nov. 10 at Books Are Magic and on Dec. 1 at the 92nd St. Y.*

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# 10 Biggest office leases of October

NYCEDC inked the biggest deal at 1 Liberty Plaza.

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

**1 New York City Economic Development Corp.,** *1 Liberty Plaza, Financial District – 220,000 square feet*
The quasi-government agency inked a lease for 220,000 square feet of office space at 1 Liberty Plaza. The agency will take the entire 10th, 11th, 12th, 13th and 14th floors of the 54-story tower.

**2 WeWork** *135 Madison Avenue, Midtown South – 90,228 square feet*
The co-working company inked a lease for 90,228 square feet at 135 Madison Ave.

**3 American Society of Composers, Authors and Publishers** *250 West 57th St., Midtown – 85,400 square feet*
ASCAP inked a lease for 85,400 square feet at 250 West 57th St. in the 26-story building.

**4 Regus,** *5 Penn Plaza, Hudson Yards – 60,000 square fee*t
The office provider renewed its lease for 10 years for 60,000 square feet at 5 Penn Plaza. Regus occupies the entire 19th and 23rd floors of the 26-story building, where asking rent was $68 per square foot.

**5 Convene,** *101 Greenwich Street, Financial District – 58,000 square feet*
The meeting-space provider inked a lease for 58,000 square feet at 101 Greenwich Street for its 11th NYC location. Convene will also run a coffee shop by For Five Coffee Roasters on the ground floor.

**6 Squarespace,** *225 Varick St., West Village – 50,000 square feet*
The tech company expanded its lease for 50,000 square feet and two additional floors at 225 Varick Street, joining fast-casual burger chain Shake Shack, which recently inked a lease at that building.

**7 USI insurance Services,** *261 Madison Ave., Murray Hill – 34,080 square feet*
The insurance firm, a longtime subtenant of the building, inked a lease with the owner of the building for 34,080 square feet at 261 Madison Ave. USI occupies the entire fifth floor and a portion of the sixth.

**8 Gemini Trust Company,** *315 Park Ave. South, Flatiron – 34,000 square feet*
The digital currency exchange founded by the Winklevoss Twins inked a lease for more than 11 years with the asking rent in the low $90s per square foot.

**9 Lafayette 148,** *63 Flushing Ave., Vinegar Hill – 28,000 square feet*
The workspace provider company expanded its lease for 58,487 square feet of office space at the Brooklyn Navy Yard's Building 77.

**10 WeWork,** *135 East 57th St., Midtown – 27,000 square feet*
The co-working company signed a lease for 27,000 square feet of office space at 135 East 57th St. The company now occupies nine floors at the 32-story tower.

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Small forward Mindaugas Kuzminskas could be dealt away from the New York Knicks in the next few days. GETTY IMAGES

# Knicks rumors: Kuz is on the market

The seldom-used forward looks like he's on his way out of town.

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New York Knicks forward Mindaugas Kuzminskas looks like he is going to get his wish of getting out of the Big Apple, or at least Madison Square Garden.

ESPN's Ian Begley reported on Tuesday morning that the Knicks are searching the trade market to deal Kuzminskas in order to make room for Joakim Noah.

Noah is making his way back from a 20-game suspension on Monday and the Knicks have to clear one of their 15 guaranteed contracts in order to get him back in the rotation, or at least back on the bench.

The veteran could serve as somewhat of a mentor to the younger Enes Kanter and Kyle O'Quinn, who have forced Willy Hernangomez out of the rotation at center.

Given the way this season has started for the Knicks, Kuzminskas is a logical choice to trade. The 28-year-old has not been a part of the team's rotation and has yet to appear in a game as he's slated behind Tim Hardaway Jr., Doug McDermott and Lance Thomas at the small forward position.

It resulted in Kuzminskas' representation going to the organization and asking to gauge the trade market, which they were granted permission in doing.

While his inability to find playing time could deter teams from inquiring, the Knicks at most will be looking for a draft pick in order to get Noah back. That could result in a low-risk, high-reward option for interested parties.

The Lithuanian was a decent contributor last year in New York, his first year in the NBA after coming over from the pro ranks in Spain. Appearing in 68 games, he put up an average of 15.1 points per 36 minutes while adding an outside threat from three-point range.

He could add depth to a team's frontcourt while bringing an added punch to its three-point shooting.

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# Rangers heating up after rough October

The Blueshirts have reeled off four-straight wins and five in their last six.

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@JoePantorno
joseph.pantorno@metro.us

Do you remember that scene in "Star Wars" when Luke, Leia, Han and Chewbacca were stuck in the trash compactor and the walls were closing in? And at the last moment, R2-D2 shut things down to save the day?

Oh wait, am I allowed to put sci-fi and hockey together?

Too bad. During the month of October, the New York Rangers were the cinematic heroes and their start of the season was like the walls closing in to crush them.

A 2-6-2 start — including a 2-5-1 mark at Madison Square Garden — brought about whisperings of head coach Alain Vigneault's job security while the Rangers' hopes of making the postseason for an eighth-consecutive year looked like they would go up in smoke before Thanksgiving.

They were a team that was all out of sorts. The defense was sieve-like while the offense just was not able to get on the same page.

Their play forced Vigneault to shuffle lines, designate players for assignment, send some to the AHL all in an attempt to get things clicking.

It looks like they finally are and the compactor has been shut down.

Since Oct. 26, the Rangers have won five of their last six games, including the last four to get back to the .500 mark. Three of those wins have come at home as they continue to shed MSG's sudden house of horrors reputation.

They've gotten big-time contributions out of their first line, nicknamed the "KZB Line," in the process. Chris Kreider has recorded four goals over his last six games while Mika Zibanejad has 10 points during that stretch (2 G, 8 A). Pavel Buchnevich has been the marquee scorer of the line with five goals to go with a pair of assists.

But even Buchnevich is chasing Michael Grabner, who has six tallies in his last six games as he continues to heat up during the early portions of the season once again. Last year, he scored 12 goals in his first 20 games before a drastic cooldown. The Rangers will be hoping he stays consistent throughout 2017-18.

Their contributions are the main reason why this team has improved so much in the win column:

**RANGERS STATS THROUGH FIRST 10 GAMES**
2.5 goals scored per game
3.6 goals allowed per game
8 power-play goals scored
8 power-play goals allowed

**RANGERS STATS IN LAST 6 GAMES**
4.5 goals scored per game
3.8 goals allowed per game
7 power-play goals scored
2 power-play goals allowed

MIKA ZIBANEJAD

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Approved by the NYU School of Medicine
IRB #s 15-01480 PI: Marya Gwadz, PhD

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# LEGAL NOTICES

**NOTICE OF SALE**

SUPREME COURT:
QUEENS COUNTY
DEUTSCHE BANK NATIONAL TRUST COMPANY, AS TRUSTEE ON BEHALF OF THE HOLDERS OF THE TERWIN MORTGAGE TRUST 2006-9HGA, ASSET-BACKED CERTIFICATES, TMTS SERIES 2006-9HGA, WITHOUT RECOURSE; Plaintiff(s)
vs. MOHAMMAD KABIR; NURUNNAHAR A. SHIMUL; et al; Defendant(s)
Attorney (s) for Plaintiff (s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, New York, 12524,
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about November 21, 2016, I will sell at Public Auction to the highest bidder at the Queens County Supreme Court, located at 88-11 Sutphin Boulevard, Jamaica, New York, in Court Room #25. On December 1, 2017 at 10:00 am. Premises known as 113-32 Colfax Street, Queens Village, NY 11429
Block: 11006 Lot: 30
ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Fourth Ward of the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale.
Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment $496,981.84 plus interest and costs.
INDEX NO. 13114/08
Richard M. Gutierrez, Esq., Referee

**NOTICE OF SALE**

SUPREME COURT:
QUEENS COUNTY
FREEDOM MORTGAGE CORPORATION; Plaintiff (s) vs. SWAPNA SHARMA; et al; Defendant (s)
Attorney (s) for Plaintiff (s):
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845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about June 28, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM #25.
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As more particularly described in the judgment of foreclosure and sale.
Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment $485,869.04 plus interest and costs.
INDEX NO. 7407/12
Mitchell L. Kaufman, Esq., Referee

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# metro.us/games

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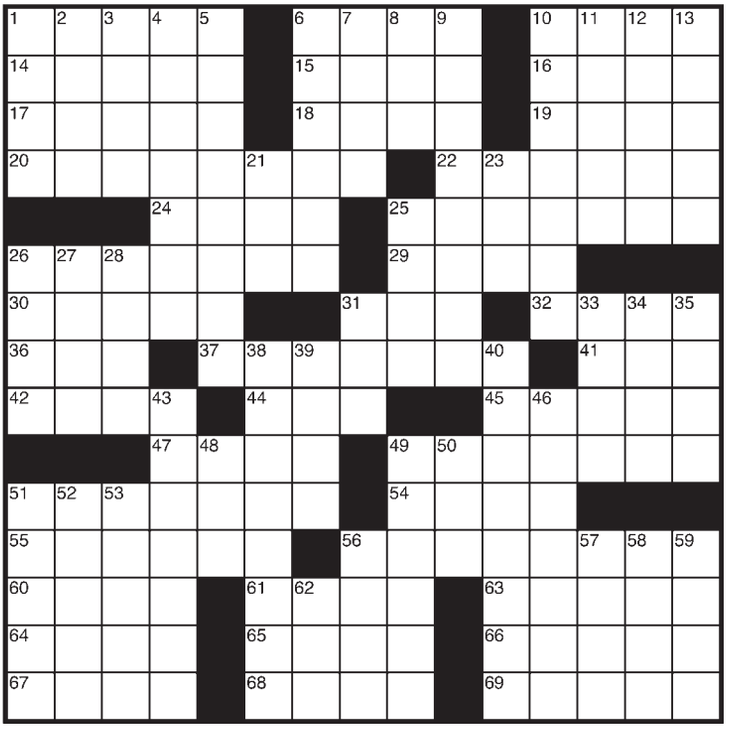
**Across**

1 -- salts
6 Help a crook
10 Food additive
14 Kind of rocket
15 RPM dial
16 Smoke
17 Adjust the tires
18 Woodwind
19 Stretches the truth
20 Lag behind
22 Egg dish
24 Yuletide
25 Gumshoes, often
26 Skin softeners
29 Cleaved
30 Sweeping stories
31 Actress -- Delaney
32 Nail the quarterback
36 -- be an honor
37 Astronomical event
41 Stage signal
42 Offshore
44 Rand of fiction
45 Neat and smart
47 Mild expletive
49 Exploits
51 Strange truth
54 Large vases
55 Glossy paint
56 Sighed
60 Prima donna
61 Lamb's pen name
63 Eager and willing
64 Pious ending
65 Colonial dance
66 Bilko's name
67 Persist
68 Avec's opposite
69 Faked out the goalie

**Down**

1 Hurlers' stats
2 Fleece
3 Recipe direction
4 Kind of farm
5 Cobra eater
6 Coral reefs
7 Bunyan's ox
8 Author Umberto --
9 Math statements
10 Influences
11 Deceitful cunning
12 Color of honey
13 Sleeps
21 Army off.
23 Game piece
25 Take a header
26 Darth's daughter
27 Decides
28 Lunar effect
31 Family members
33 Plays a role
34 Appealing
35 Pocket janglers
38 Yule singers
39 Wildcat
40 Caught
43 Stubborn plus
46 Bleak and forbidding
48 Summer drink
49 Wall paintings
50 Eur. country
51 Piano part
52 Feminine principle, to Jung
53 Rhapsodizes
56 Good, for Pedro
57 Yarn measure
58 Actress -- Falco
59 Did a salon job
62 Grassland



# metro.us/sudoku

**easy**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 8 | | | 5 | | | 7 | |
| 9 | | | 4 | | | | 2 | |
| | | | 2 | 9 | | | 5 | |
| 7 | | 9 | | | 4 | 6 | | |
| 6 | | | | | | | | 5 |
| | | 8 | 1 | | | 7 | | 2 |
| | 5 | | | 2 | 1 | | | |
| | 9 | | | | 6 | | | 7 |
| | 7 | | | 3 | | | 6 | 8 |

**hard**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 6 | | 5 | | | |
| | | 6 | 2 | | | 3 | 7 | |
| | 5 | | | 3 | 1 | | | 2 |
| | | 8 | | | | | 1 | |
| 6 | 4 | | 5 | | 3 | | 9 | 8 |
| | 3 | | | | | 5 | | |
| 3 | | | 1 | 6 | | | 5 | |
| | 2 | 5 | | | 7 | 1 | | |
| | | | 4 | | 2 | | | |

# metro.us/horoscopes

**Aries** You'll tend to be impulsive when it comes to work and personal matters involving others. Don't say or do anything you'll regret. The sweetest revenge is your success.

**Taurus** Make plans to rearrange your living space to be more conducive to working on the projects you want to do from home. Your productivity will be enhanced.

**Gemini** If you want something, go after it. Stand up for your rights and be willing to work hard to get ahead. Don't wait for someone else to make the first move.

**Cancer** If you want something, push for it. Consider what you can offer as incentive. Relationships can make or break your mood. Concentrate on love, not on interrogation.

**Leo** Don't share information that may jeopardize your position or give someone the wrong impression. Discretion is in your best interest. Curb poor habits.

**Virgo** Get together with people you have worked with in the past or lost touch with over the years. Reconnecting will inspire you to make life-altering decisions.

**Libra** Concentrate on doing your job and getting things done properly and on time. The less time you have to think about an emotional situation, the better off you'll be.

**Scorpio** Improve your workspace or make room for something that will add to your pleasure, comfort and assets. Personal gains and growth are within reach.

**Sagittarius** Move money around or do your best to finalize a deal, settlement or contract. Interactions with institutions will move much quicker if you are accommodating.

**Capricorn** Partnerships are predominant, and dealings with pending issues can be easily facilitated with compromise, understanding and creative solutions.

**Aquarius** Business trips and meetings should be handled with grace and charm. Don't let anyone downplay the sacrifice and contributions you have made.

**Pisces** Take care of financial matters. Move money around and take advantage of tax incentives and investments. Personal gains are highlighted. EUGENIA LAST

**Yesterday's answers**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | L | A | H | | M | I | D | A | S | | R | A | P | S |
| O | I | L | Y | | I | N | E | P | T | | O | L | L | A |
| B | L | I | P | | S | A | N | T | A | C | L | A | U | S |
| | | | H | O | R | N | S | | M | U | L | I | S | H |
| | P | E | E | W | E | E | | V | E | R | B | | | |
| V | I | E | N | N | A | | S | O | N | | A | F | R | O |
| E | R | R | S | | D | E | L | I | S | | R | O | A | N |
| G | A | I | | | | M | I | L | | | | I | D | S |
| A | T | E | N | | F | E | T | E | S | | O | B | I | E |
| N | E | R | O | | I | N | S | | M | E | R | L | O | T |
| | | | S | H | E | D | | G | E | N | I | E | S | |
| L | A | T | T | E | S | | T | E | A | S | E | | | |
| I | V | O | R | Y | T | O | W | E | R | | N | A | M | E |
| M | E | N | U | | A | R | I | S | E | | T | I | E | R |
| P | R | I | M | | S | A | T | E | D | | S | L | A | G |

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## WED, NOV. 8-SUN, NOV. 12

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**$10 OFF**

YOUR PURCHASE OF $25 OR MORE ON SELECT SALE IN STORE AND SELECT SALE & CLEARANCE ONLINE: CLOTHING & HOME ITEMS. USE YOUR MACY'S CARD OR THIS PASS IN STORE 11/8-11/12/17 TILL 2PM OR ONLINE ALL DAY

MACYS.COM PROMO CODE: *VETS25*
See macys.com/deals for online exclusions

00031605107518020117

OR

**EXTRA 20% OFF**

SELECT SALE IN STORE & SELECT SALE & CLEARANCE ONLINE: CLOTHING, ACCESSORIES & HOME ITEMS. EXTRA 15% OFF SELECT SALE IN STORE & SALE & CLEARANCE ONLINE: JEWELRY, SHOES, COATS, SUITS, DRESSES, LINGERIE, SWIM FOR HER, SUIT SEPARATES & SPORT COATS FOR HIM. EXTRA 10% OFF SELECT SALE IN STORE & SALE & CLEARANCE ONLINE: ELECTRICS/ELECTRONICS & WATCHES. USE YOUE MACY'S CARD OR THIS PASS 11/8-11/12/17.

MACYS.COM PROMO CODE: *VETS* See macys.com/deals for online exclusions

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EXCLUDES ALL: Deals of the Day, Doorbusters, Everyday Values (EDV), Last Act, Macy's Backstage, specials, Super Buys, athletic clothing/shoes/accessories, baby gear, reg.-price china/crystal/silver, cosmetics/fragrances, designer handbags, designer jewelry/watches, designer sportswear, men's store electronics, furniture/mattresses, gift cards, jewelry trunk shows, select licensed depts., previous purchases, restaurants, rugs, services, smart watches/jewelry, special orders, special purchases, select tech accessories, toys, 3Doodler, American Rug Craftsmen, Anova, Apple Products, Ashley Graham, Avec Les Filles clothing, Barbour, Brahmin, Breville, Briggs & Riley, Brooks Brothers Red Fleece, COACH, Demeyere, Destination Maternity, Dyson, Eileen Fisher SYSTEM, Fitbit, Frye, Global Cutlery, Hanky Panky, Jack Spade, Judith Leiber, Karastan, kate spade new york, Kenneth Cole men's shoes, Kiehl's, KitchenAid Pro Line, Le Creuset, Levi's, littleBits, Locker Room by Lids, Marc Jacobs, select Michael Kors/Michael Michael Kors, Michele watches, Miyabi, Movado Bold, Natori, Nike swim, Original Penguin, Panache, Rimowa, Rudsak, Sam Edelman, Shun, Spanx, Staub, Stuart Weitzman, S'well, Tempur-Pedic mattresses, The North Face, Theory, Tommy John, Tory Burch, Tumi, UGG®, Vans, Vitamix, Wacoal, Wolford & Wüsthof; PLUS, ONLINE ONLY: kids' shoes, Allen Edmonds, Birkenstock, Hurley, Johnston & Murphy, Merrell, RVCA & Tommy Bahama. Electrics/electronics is excluded from $10 off pass. Cannot be combined with any savings pass/coupon, extra discount or credit offer except opening a new Macy's account. Extra savings % applied to reduced prices. Purchase must be $25 or more, exclusive of tax and delivery fees.

$MACY'S MONEY

**PLUS GET $10 MACY'S MONEY FOR EVERY $50 YOU SPEND**
**IN STORE NOW-11/15 AND ONLINE NOW-11/14. GET UP TO $40 MACY'S MONEY. SEE BELOW.**

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## FREE SHIPPING

**Online with $49 purchase. Valid 11/8-11/12/2017. Exclusions apply; see macys.com/freereturns**

VETS DAY SALE PRICES IN EFFECT 11/8-11/12. MERCHANDISE WILL BE ON SALE AT THESE AND OTHER SALE PRICES NOW-1/2/18, UNLESS NOTED.
HOW IT WORKS: We'll give you $10 Macy's Money for every $50 you spend, up to a $40 Macy's Money Reward Card in a single transaction. EXCLUDES THE FOLLOWING PURCHASES: Apple Products, tech watches/jewelry/accessories, gift cards, furniture, mattresses, rugs, Macybed, services & fees, sales tax, phone & live chat orders, leased depts., restaurants, international orders, e-gifting, online backorders. USE YOUR MACY'S MONEY REWARD CARD in stores & online 11/16-11/21/2017. May not be redeemed for cash, used to purchase Macy's Gift Cards or applied as payment or credit to your credit card account. If a purchase used to accumulate Macy's Money is returned, your return may result in a reduction of the value of your Macy's Money Reward Card and/or a reduction of your total refund amount. The remaining balance of your Macy's Money Reward Card will reflect the Macy's Money amount you qualify for after deducting the returned item(s) from your original purchase amount. N7100056